

## Three Simple Rules: Assisted Blood Glucose Monitoring and Insulin Administration

1. Fingerstick Devices: Should **NEVER** Be Used For More Than One Person
  - Select single-use lancets that permanently retract upon puncture.
  - Never reuse lancets.
  - Dispose of used lancets at the point of use in an approved sharps container.
2. Blood Glucose Meters: Should Be Assigned To Only One Person and Not Be Shared
  - Whenever possible, assign blood glucose meters to a single person.
  - If blood glucose meters must be shared, they should be cleaned and disinfected after every use, per manufacturer's instructions.
    - If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared.
3. Injection Equipment: Should **NEVER** Be Used For More Than One Person
  - Insulin pens should be assigned to only one person and labeled appropriately.
  - Verify that you are delivering the right pen to the right person.
  - They should never be used for more than one person, even if needles are changed and attempts are made to clean and disinfect the device.
  - Multiple-dose vials of insulin should be dedicated to a single person whenever possible.
  - Medication vials should always be entered with a new needle and new syringe. Never reuse needles or syringes.

### Reminder:

- Perform hand hygiene before blood glucose monitoring.
- Wear gloves during blood glucose monitoring.
- Remove gloves and perform hand hygiene after each patient contact.

### Resources:

[www.ONEandONLYcampaign.org](http://www.ONEandONLYcampaign.org)

[www.michigan.gov/hepatitis](http://www.michigan.gov/hepatitis)

### Fingerstick device 60 Second Patient Safety Checklist:

<http://www.oneandonlycampaign.org/sites/default/files/upload/pdf/60%20second%20document%20lancing%20device.pdf>

### Insulin pen use 60 Second Patient Safety Checklist:

<http://www.oneandonlycampaign.org/sites/default/files/upload/pdf/60%20second%20check%20insulin%20pen.pdf>